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ABSTRACT

This workshop unit is intended to enable workshop participants to understand the principles of combining two or more therapeutic diets and to write diet combinations. It is a revised workshop containing the "Liberalized Geriatric Diet Policies for Long-Term Care Facilities." Contents include unit and specific objectives, suggested workshop leader activities, transparency masters, information sheets (an outline of content), class assignment sheets, answers to class assignment sheets, and unit test with answer key. (YLB)

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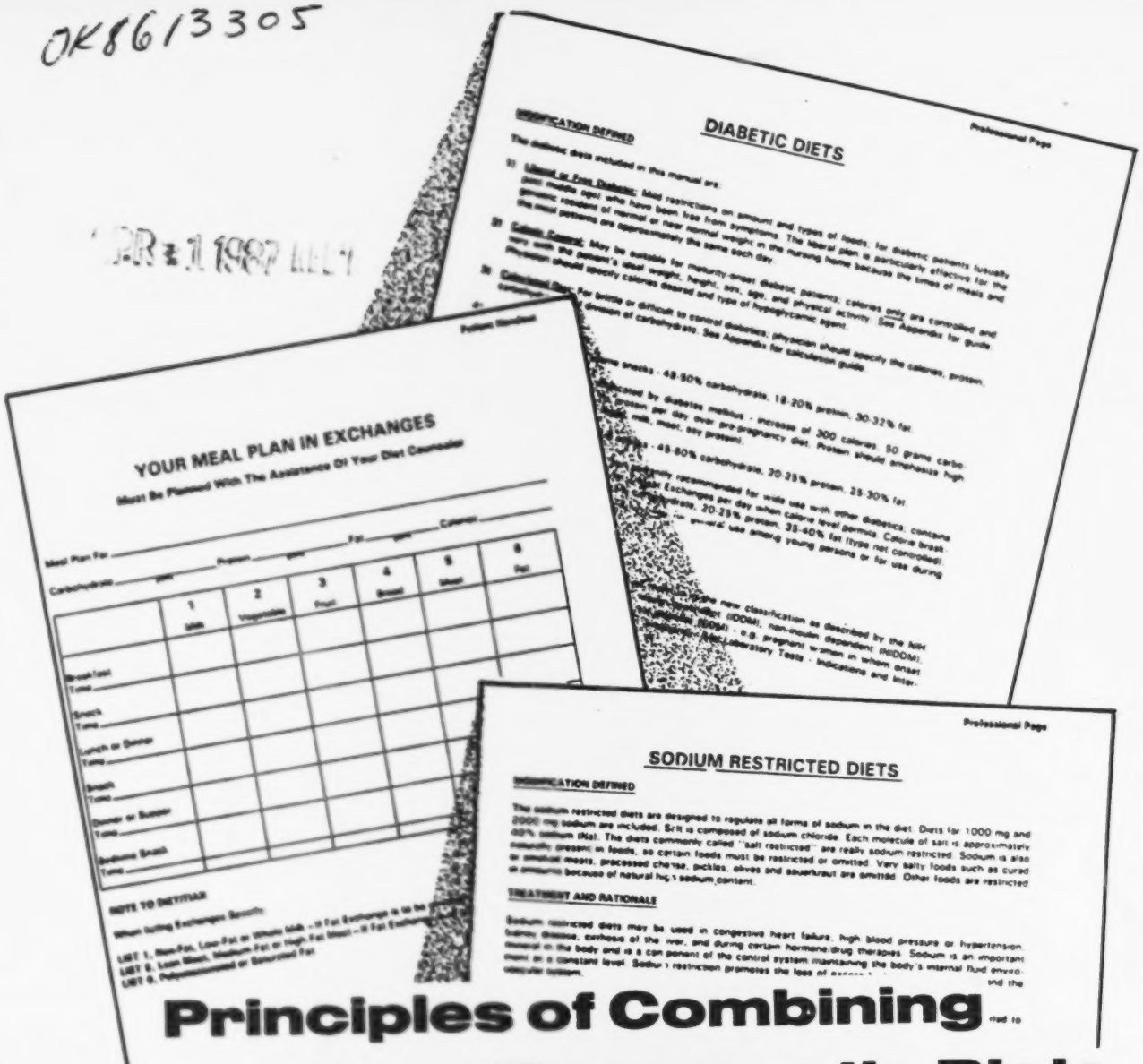

DIABETIC DIETS

Professional Page

YOUR MEAL PLAN IN EXCHANGES

Must Be Planned With The Assistance Of Your Diet Counselor

SODIUM RESTRICTED DIETS

Professional Page

Principles of Combining Two or More Therapeutic Diets

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Principles of Combining Two or More Therapeutic Diets

A revised workshop containing the
Liberalized Geriatric Diet Policies
for Long-Term Care Facilities.

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PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

UNIT OBJECTIVE

After completing this unit, the workshop participant should be able to understand the principles of combining two or more therapeutic diets and be able to write diet combinations.

SPECIFIC OBJECTIVES

After completing this unit, the participant should be able to

1. Match to their correct definitions terms used in diet combinations.
2. State reasons for reviewing disease conditions in which diets could be combined.
3. State basic rules for combining therapeutic diets.
4. Arrange in order the steps for combining diets.
5. Discuss diabetes mellitus.
6. Select from a list high risk groups for diabetes mellitus.
7. State the general treatment for diabetes mellitus.
8. List two types of diabetic diets.
9. Select from a list goals for diet therapy for persons with diabetes mellitus.
10. List food groups in the food exchange system.
11. State examples of possible diabetic diet combinations.
12. Select from a list sources of sodium in foods.
13. List other sources of sodium intake.
14. State therapeutic reasons for modifying sodium intake.
15. Select from a list levels of sodium modification according to the *Oklahoma Diet Manual.*
16. State levels of sodium modification according to the *Liberalized Geriatric Diet Policies for Long-Term Care Facilities.*
17. State diet modifications for renal disease according to the *Oklahoma Diet Manual.*
18. State diet modifications for atherosclerosis according to the *Oklahoma Diet Manual.*

OBJECTIVE SHEET

19. Select from a list possible diet combinations.

20. Select from a list impossible diet combinations.

21. Plan a meal pattern and a menu for a 1,500-calorie diabetic/2-gram-sodium diet.

22. Plan a meal pattern and a menu for a liberalized diabetic/mild low-sodium (3 to 5 grams) diet.

23. Plan a meal pattern and a menu for a 1,500-calorie diabetic/Type IV hyperlipoproteinemia diet.

24. Plan a meal pattern and a menu for a 1,800-calorie diabetic/2-gram-sodium/Type IIa hyperlipoproteinemia diet.

25. Plan a menu for a 60-gram-protein/2-gram-sodium/60-mEq-potassium diet.

26. List diet combinations ordered in your facility.

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

SUGGESTED ACTIVITIES

I. Unit contents

A. Objective sheet

B. Suggested activities

C. Transparency masters

1. TM #1 — Two Major Types of Diabetes Mellitus
2. TM #2 — Heredity Factor in Diabetes Mellitus
3. TM #3 — Diabetes in Persons over Forty-Five
4. TM #4 — Diabetes in Persons Who Are Overweight
5. TM #5 — Normal Blood Sugar
6. TM #6 — Hyperglycemia
7. TM #7 — Hypoglycemia
8. TM #8 — Food Exchanges in Meal Plan System
9. TM #9 — Sodium Content of Some Common Foods
10. TM #10 — Sodium Content of Some Common Beverages
11. TM #11 — Where the Sodium Is

D. Information sheet

E. Class assignment sheets

1. Class Assignment Sheet #1 — Plan a Meal Pattern and a Menu for a 1,500-Calorie Diabetic/2-Gram-Sodium Diet
2. Class Assignment Sheet #2 — Plan a Meal Pattern and a Menu for a Liberalized Diabetic/Mild Low-Sodium (3 to 5 Grams) Diet
3. Class Assignment Sheet #3 — Plan a Meal Pattern and a Menu for a 1,500-Calorie Diabetic/Type IV Hyperlipoproteinemia Diet
4. Class Assignment Sheet #4 — Plan a Meal Pattern and a Menu for a 1,800-Calorie Diabetic/2-Gram-Sodium/Type IIa Hyperlipoproteinemia Diet

SUGGESTED ACTIVITIES

5. Class Assignment Sheet #5 — Plan a Menu for a 60-Gram-Protein/2-Gram-Sodium/60-mEq-Potassium Diet

6. Class Assignment Sheet #6 — List Diet Combinations Ordered in Your Facility

F. Answers to class assignment sheets

G. Test

H. Answers to test

II. Instructor's guide

A. Ask the area school short-term training administrator to print in the brochure advertising the workshop that participants should bring a copy of the *Oklahoma Diet Manual* (1982 edition) and the *Liberalized Geriatric Diet Policies for Long-Term Care Facilities.*

B. Order materials to supplement unit.

SUGGESTIONS:

- *Low-Sodium Diet* slide-tape presentation. Available from CD-HCF, P.O. Box 2067, Pensacola, Florida 32513, or Oklahoma instructors may order from Judy Milroy, Tulsa County AVTS, 3420 South Memorial, Tulsa, Oklahoma 74145.

- *Sodium Smart: The Campbell Plan for Low Sodium Eating.* Order this free pamphlet from Consumer Nutrition Center, Campbell Soup Company, Campbell Place, Camden, New Jersey 08101.

C. Make transparencies.

D. Provide participants with objective sheet.

E. Discuss unit and specific objectives.

F. Provide participants with information sheet.

G. Discuss information sheet.

1. Introduce terms associated with therapeutic diet combinations; use Information Sheet, Section I.

SUGGESTION:

- Write terms on individual slips of paper and ask workshop participants to draw one term and define it.

SUGGESTED ACTIVITIES

2. Discuss reasons for reviewing disease conditions in which diets might be combined; use Information Sheet, Section II.

3. Emphasize the importance of following basic rules for combining therapeutic diets; use Information Sheet, Section III.

   SUGGESTION:

   - Ask workshop participants to give examples that show why the basic rules must be followed.

4. Review the steps for combining diets; use Information Sheet, Section IV.

   SUGGESTION:

   - Ask one of the workshop participants to read the steps and comment as to the procedure suggested.

5. Discuss diabetes mellitus; use Information Sheet, Section V and Transparency #1 to show the two major types of diabetes.

6. Explain high risk groups for diabetes mellitus; use Information Sheet, Section VI and Transparencies #2 through #4.

7. Discuss treatment of diabetes mellitus; use Information Sheet, Section VII.

   SUGGESTION:

   - Ask workshop participants to discuss cases they know of individuals having specific problems with one or more factors involved.

8. Explain types of diabetic diets; use Information Sheet, Section VIII.

   SUGGESTION:

   - Ask workshop participants to locate the calculated diabetic diet in the *Oklahoma Diet Manual* and then locate the liberalized diabetic diet in the *Liberalized Geriatric Diet Policies for Long-Term Care Facilities.* Have workshop participants discuss the differences noted between the two diets.

9. Discuss goals for diet therapy for diabetes mellitus; use Information Sheet, Section IX and Transparencies #5 through #8.

SUGGESTED ACTIVITIES

10. Explain food groups in the food exchange system; use Information Sheet, Section X.

    SUGGESTIONS:

    - Have participants turn to food exchange pages in the *Oklahoma Diet Manual* and look at specific foods listed under each exchange group.
    - Ask a specific workshop participant to review the calories in each exchange group.

11. Discuss possible diet combinations with diabetic diets; use Information Sheet, Section XI.

    SUGGESTIONS:

    - Ask participants to suggest other possible diet combinations for diabetic diets.
    - Ask participants to discuss any diet combinations for diabetic diets they have in their facility.

12. Explain sources of sodium in foods; use Information Sheet, Section XII and Transparencies #9 through #11 to show examples of sodium in foods.

    SUGGESTION:

    - Ask participants to give examples of sodium listed on labels of foods purchased in grocery stores.

13. Discuss other sources of sodium intake; use Information Sheet, Section XIII.

    SUGGESTIONS:

    - Ask workshop participants if they have specific questions about other sources of sodium.
    - Ask workshop participants if they have read anything about sodium on labels of medications. Discuss.
    - Have workshop participants look up milligrams of sodium in specific medications listed in the *Oklahoma Diet Manual.*

14. Explain therapeutic reasons for modifying sodium in the diet; use Information Sheet, Section XIV.

    SUGGESTION:

    - Show the slide-tape series *Low-Sodium Diet.*

SUGGESTED ACTIVITIES

15. Discuss levels of sodium modification listed in the *Oklahoma Diet Manual;* use Information Sheet, Section XV.

    SUGGESTION:

    - Have workshop participants turn to the green sheet in the low-sodium section of the *Oklahoma Diet Manual* and note the differences in foods allowed at each level of modification.

16. Discuss levels of sodium modifications listed in the *Liberalized Geriatric Diet Policies for Long-Term Care Facilities;* use Information Sheet, Section XVI.

    SUGGESTIONS:

    - Have workshop participants turn to the low-sodium section of the *Liberalized Geriatric Diet* and discuss the differences between those and the previous modifications discussed in the *Oklahoma Diet Manual.*
    - Ask participants to discuss their feelings about using the liberalized geriatric diet for sodium modification.
    - Ask participants to discuss patients who they feel would have benefited by the more liberal approach.

17. Discuss diet modifications for renal disease as listed in the *Oklahoma Diet Manual;* use Information Sheet, Section XVII.

    SUGGESTIONS:

    - Have participants locate the renal diets in the *Oklahoma Diet Manual* and compare them to the 60-gram low-protein and the 40-gram low-protein diets.
    - Have participants locate in the *Oklahoma Diet Manual* food lists that specify milligrams of potassium in foods in the diet plan.

18. Discuss diet modifications for atherosclerosis as listed in the *Oklahoma Diet Manual;* use Information Sheet, Section XVIII.

    SUGGESTIONS:

    - Have participants compare differences between the Prudent Diet and the Type IIa hyperlipoproteinemia diet.
    - Have participants compare differences between Type IIa hyperlipoproteinemia diet and the Type IV diet.

SUGGESTED ACTIVITIES

19. Explain possible diet combinations; use Information Sheet, Section XIX.

    SUGGESTION:

    - Have workshop participants complete Assignment Sheets #1 through #5. Discuss each assignment sheet as it is completed.

20. Explain impossible diet combinations; use Information Sheet, Section XX.

    SUGGESTION:

    - Have participants complete Assignment Sheet #6 and discuss.

III. Unit references

A. Anderson, L., et al. *Nutrition in Health and Disease.* Philadelphia: J.B. Lippincott Co., 1982.

B. Barker, E., L. Hall, and B. McGhee. *Food Service Supervisor.* Stillwater, Oklahoma: State Department of Vocational and Technical Education/Curriculum and Instructional Materials Center, 1983.

C. Livermon, Marjorie, ed. *Oklahoma Diet Manual.* Oklahoma City, Oklahoma: Oklahoma Dietetic Association, 1982.

D. Oklahoma Consultant Dietitians. *Liberalized Geriatric Diet Policies for Long-Term Care Facilities,* 1983.

E. Robinson, C.H. *Basic Nutrition and Diet Therapy,* 4th ed. New York: McMillan Publishing Co., 1981.

F. Williams, S.R. *Nutrition and Diet Therapy,* 4th ed. St. Louis: C.V. Mosby Co., 1981.

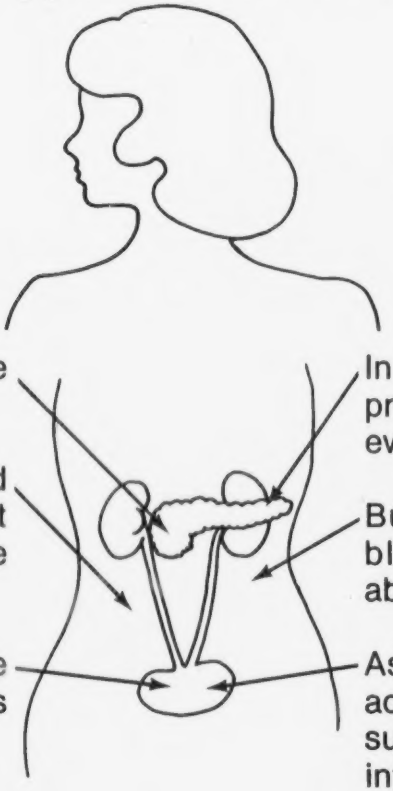
Two Major Types of Diabetes Mellitus

Type I
(Juvenile Diabetes)

Cells in the *pancreas* fail to produce and release sufficient *insulin.*

Without enough insulin, sugars and other food carbohydrates cannot enter body cells. They remain in the blood in the form of *glucose.*

The glucose accumulates in the blood until the surplus passes through the kidneys into the urine.



Type II
(Maturity-Onset Diabetes)

In the early stages, *insulin* may be produced and released in normal or even higher than normal quantities.

But insulin action is somehow blocked, preventing cells from absorbing vital glucose.

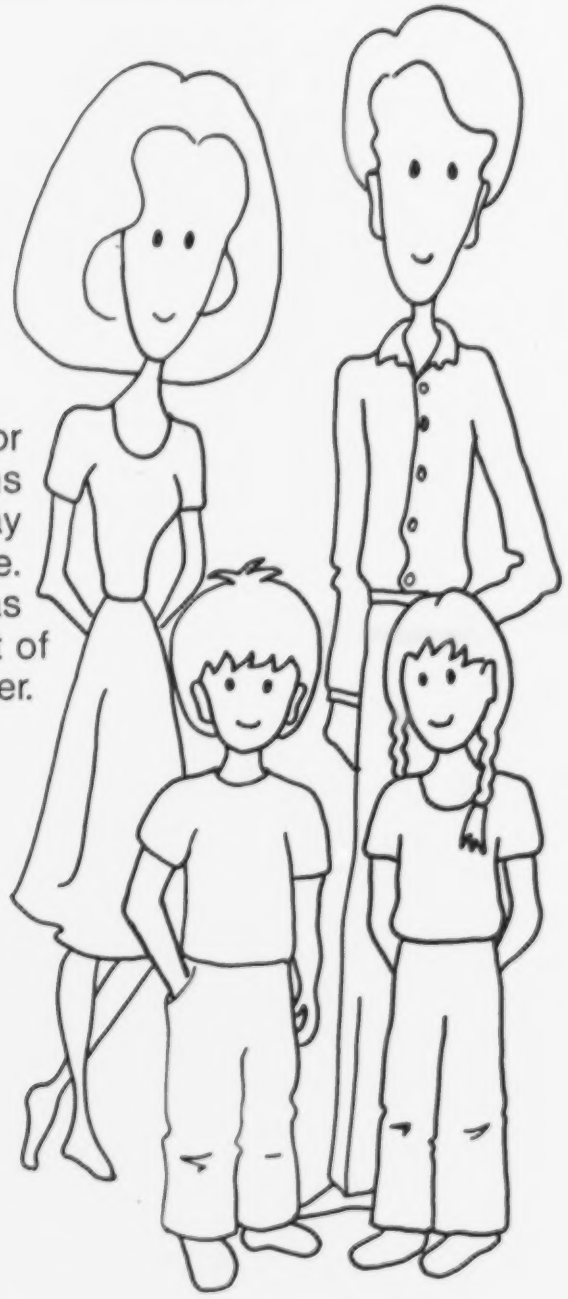
As in juvenile diabetes, the glucose accumulates in the blood until the surplus passes through the kidneys into the urine.

Source: *Diabetes Update,* Oklahoma State Department of Vocational and Technical Education.

TM-1

Heredity Factor in Diabetes Mellitus

Heredity is a strong factor in diabetes. Diabetes runs in families, though it may skip a generation or more. One out of six diabetics has a diabetic mother; one out of twelve has a diabetic father.



Source: *Diabetes Update*, Oklahoma State Department of Vocational and Technical Education.

TM - 2

Diabetes in Persons over Forty-Five

Diabetes is usually a disease of middle and old age. It is very rare in children under one year old, and more common among older children and young adults — but it usually occurs in those over forty-five.

Source: *Diabetes Update*, Oklahoma State Department of Vocational and Technical Education.

TM-3

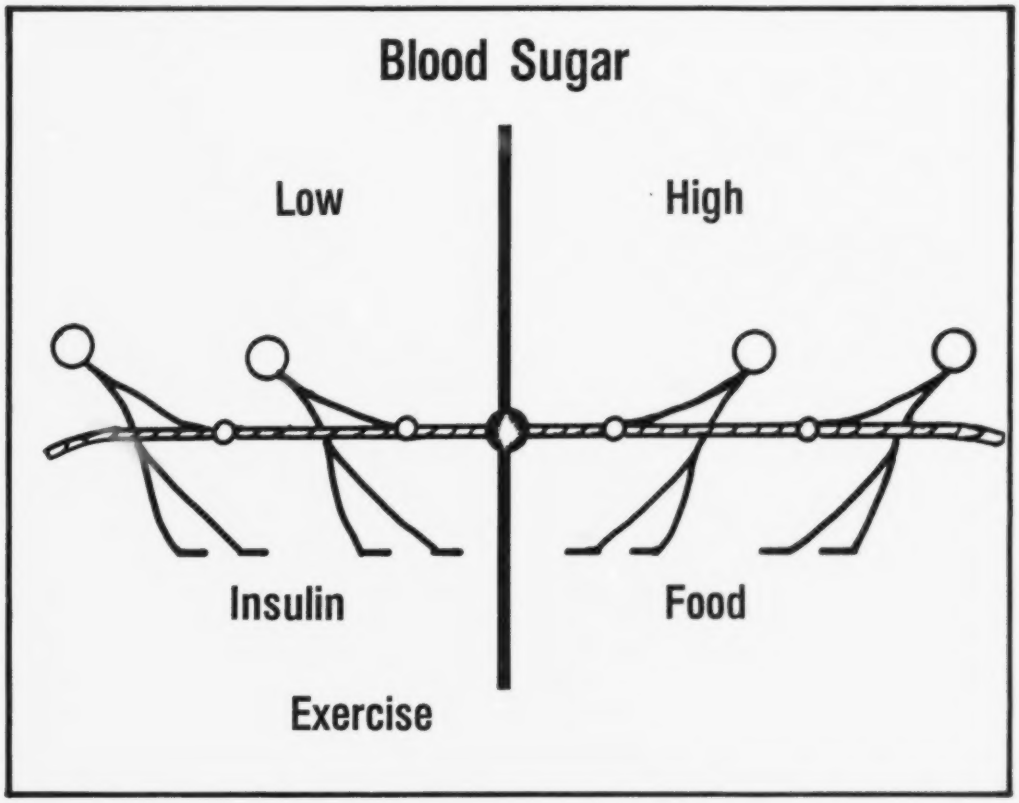
Diabetes in Persons Who Are Overweight

More than 80 percent of adult diabetics are overweight before their disease develops. Most are at least 15 percent too heavy when their diabetes is discovered. Keeping proper weight is frequently the only way of preventing diabetes and reducing its severity, especially in older people. Women may be more prone to diabetes than men.

Source: *Diabetes Update,* Oklahoma State Department of Vocational and Technical Education.

TM - 4

Normal Blood Sugar



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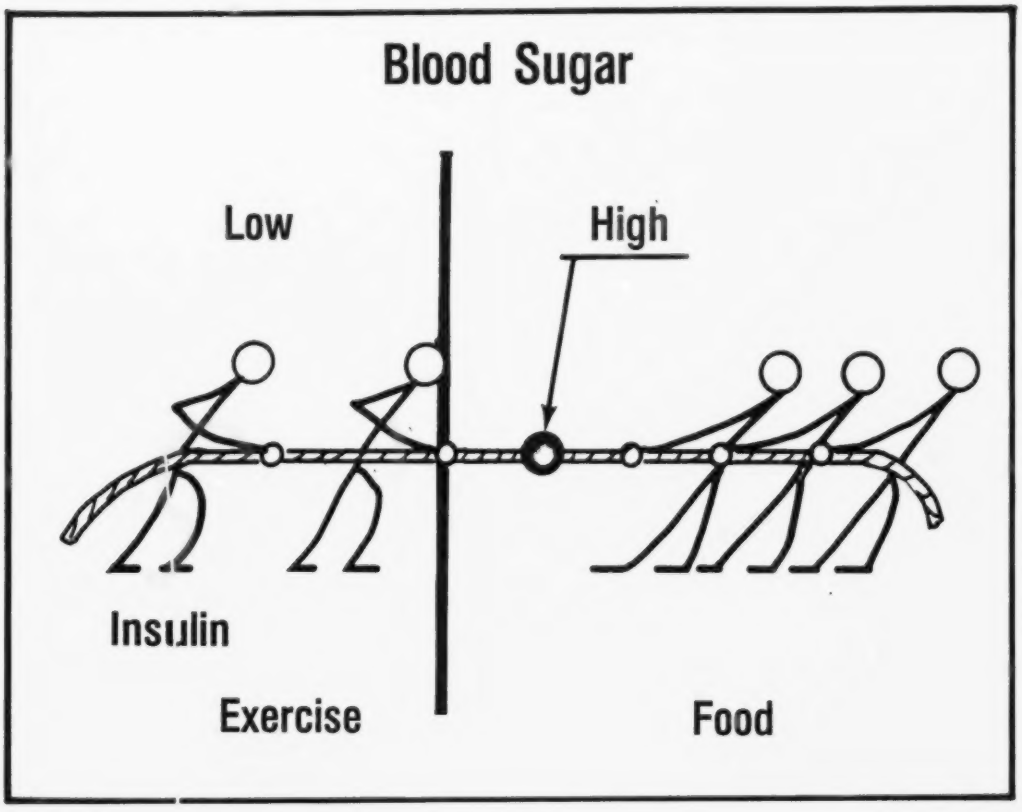
TM - 5

Hyperglycemia



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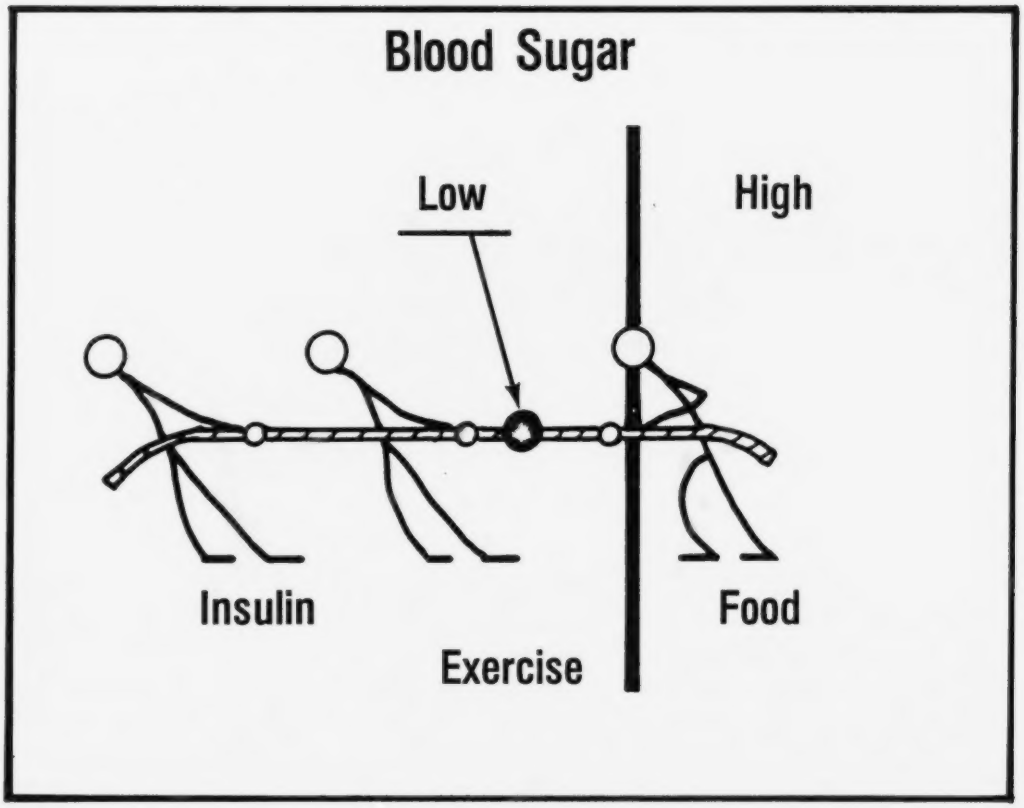
TM - 6

Hypoglycemia



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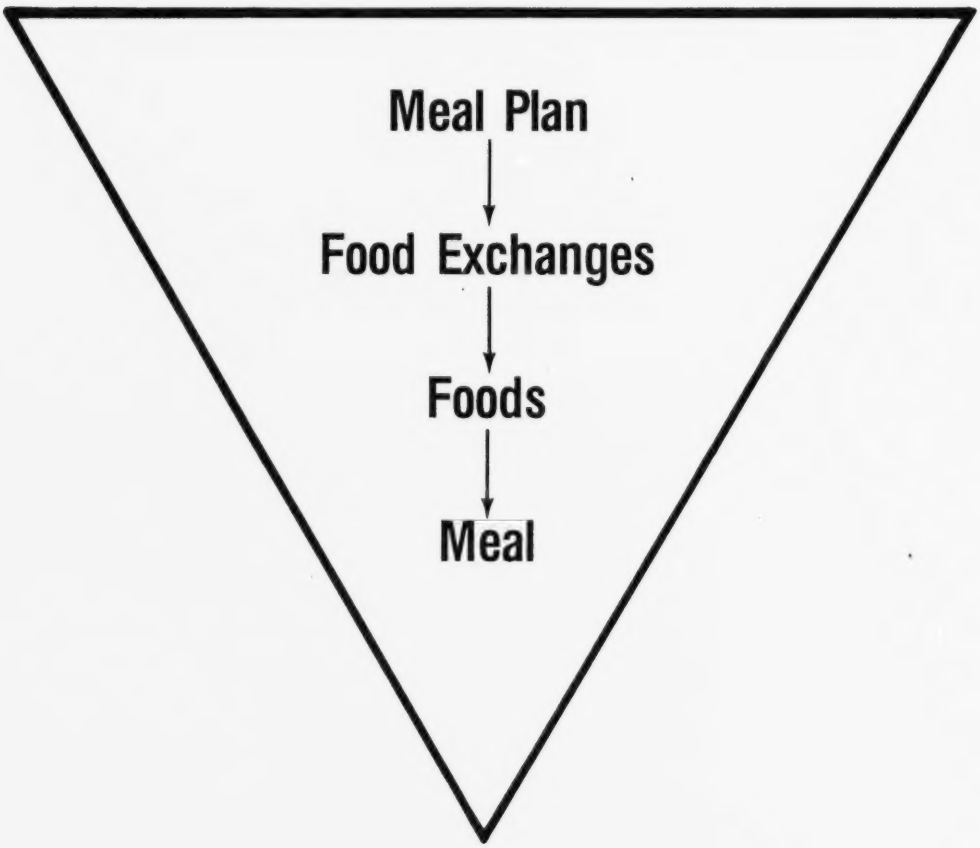
Food Exchanges in Meal Plan System



TM - 8

Sodium Content of Some Common Foods

Amount of Food	Sodium (mg)
1 teaspoon salt	2,000
1 cup canned soup, prepared according to directions	1,000
3 ounces turkey ham	865
3 ounces cured ham	837
1/2 cup canned beef stew	483
1 ounce bologna	364
1 ounce processed cheese food	337
1 canned biscuit	304
1 cup cornflakes	281
1/2 cup instant pudding	251
1 ounce cheddar cheese	210

TM - 9

Sodium Content of Some Common Beverages

Amount of Beverage	Sodium (mg)
1 cube beef bouillon	1,000
6 ounces regular tomato juice	365
1 cup buttermilk (average)	257
1 cup milk	120
12 ounces sugar-free cola	44
12 ounces regular cola	2
6 ounces coffee	2
6 ounces orange juice	trace

Where the Sodium Is
(Content in milligrams [bold figures])

Apple 2	**Applesauce** 1 cup 6	**Apple pie** 1/8, frozen 208
Bread 1 slice, white 114	**Pound cake** 1 slice 171	**English muffin** 293
Butter 1 tablespoon, unsalted 2	**Butter** 1 tablespoon, salted 116	**Margarine** 1 tablespoon 140
Chicken 1/2 breast 69	**Chicken pie** Frozen 907	**Chicken dinner** Fast food 2,243
Corn 1	**Corn flakes** 1 cup 256	**Canned corn** 1 cup 384
Cucumber 7 slices 2	**Cucumber** With salad dressing 234	**Dill pickle** 928
Grapes 10, seedless 1	**Grape jelly** 1 tablespoon 3	**White wine** 4 ounces, domestic 19
Lemon 1	**Soy sauce** 1 tablespoon 1,029	**Salt** 1 teaspoon 1,938
Milk 1 cup 122	**Dry milk** 1/2 cup 322	**Cottage cheese** 4 ounces 457
Pork 3 ounces 59	**Bacon** 4 slices 548	**Ham** 3 ounces 1,114
Potato 5	**Potato chips** 10 200	**Instant mashed** 1 cup 485
Steak 3 ounces 55	**Jumbo burger** Fast food 990	**Meat loaf** Frozen dinner 1,304
Tomato 14	**Tomato soup** 1 cup 932	**Tomato sauce** 1 cup 1,498
Tuna 3 ounces 50	**Canned tuna** 3 ounces 384	**Tuna pot pie** Frozen 715
Water 8 ounces 12	**Club soda** 8 ounces 39	**Antacid** * In water 564 * sodium bicarbonate

Source: U.S. Department of Agriculture

TM - 11

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

INFORMATION SHEET

I. Terms and definitions

A. Therapeutic diet — Specific diet plan modified to improve the patient's health in a disease condition

B. Low-sodium diet — Diet in which sodium has been modified below normal intake

C. Diabetes mellitus — Metabolic disease that affects body's use of carbohydrates, fats, and protein because of disturbance in production or utilization of insulin

D. Insulin — Hormone, made in the pancreas, that helps body cells use blood sugar for energy or store it for later use

E. Sodium — Mineral element necessary in the body for many metabolic activities

F. Hyperlipoproteinemia — A higher than normal amount of certain fat molecules in the blood

G. Lipoproteins — Compounds of various lipids (fats) with protein

H. Lipid — General classification for a group of organic substances that belong to the fat family

I. Milligram — Unit of measure in the metric system; 1,000 milligrams equal 1 gram

J. Gram — Unit of measure in the metric system; 1 ounce is approximately 30 grams

K. Edema — Retention of fluid in the body

L. Atherosclerosis — Thickening of inside wall of arteries by deposits of fat and cholesterol

M. Na — Chemical symbol for sodium

II. Reasons for reviewing disease conditions in which diets could be combined

A. To understand why certain diets are prescribed

B. To review the basic principles of the disease condition

INFORMATION SHEET

III. Basic rules for combining therapeutic diets

A. Must have principles that are compatible

(NOTE: A low-sodium high-protein diet is difficult if the sodium is very low because protein foods are naturally high in sodium.)

B. Must not injure the patient's health

(NOTE: A very low-protein diet must have adequate calories in order to spare the protein for tissue building. Otherwise, if the calories are too low, the protein will be used for energy rather than for tissue building.)

IV. Steps for combining diets

A. Review the diets that are to be combined

B. Remove the diets from the *Diet Manual* to prepare a work sheet

C. Prepare a work sheet of foods allowed and foods that must be avoided to include foods from each diet to be combined

D. Write a sample menu for the work sheet that has been prepared

V. Diabetes mellitus (Transparency #1)

A. Major types of diabetes mellitus are insulin-dependent (Type I) and non-insulin-dependent (Type IIa)

B. Fewer than 15 percent of diabetics have insulin-dependent diabetes

VI. High risk groups for diabetes mellitus (Transparencies #2-#4)

A. Persons with a history of diabetes in the family

B. Persons over forty-five

C. Persons who are overweight

(NOTE: It has been found that 80 percent of individuals with non-insulin-dependent diabetes are overweight when diagnosed.)

D. Women

VII. Treatment for diabetes mellitus

A. Diet

B. Insulin or oral hypoglycemia agents

C. Exercise

INFORMATION SHEET

VIII. Types of diabetic diets

A. Calculated diet

(NOTE: This type of diet involves calculation of calories, CHO, protein, fat, and the distribution of CHO.)

B. Liberal diabetic diet

(NOTE: This type of diet is acceptable for individuals with non-insulin-dependent diabetes who have been free of symptoms.)

IX. Goals for diet therapy for person with diabetes mellitus (Transparencies #5-#8)

A. Maintain normal body weight or lose weight if over desired body weight

B. Keep blood sugar as close to normal as possible

C. Maintain an optimal nutritional status

D. Avoid complications of diabetes

EXAMPLES: Blindness, heart disease, kidney disease, disease of nerve endings

X. Food groups in the food exchange system

A. Milk

B. Vegetable

C. Fruit

D. Bread

E. Meat

F. Fat

XI. Examples of possible diabetic diet combinations

A. Calorie-controlled diet/low-sodium diet

(NOTE: The individual for whom this diet is prescribed may have edema or hypertension and require both controlled calories and sodium modification.)

B. Liberal diabetic diet/low-sodium diet

C. Calorie-controlled diabetic diet/low-cholesterol low-sodium diet

INFORMATION SHEET

XII. Sources of sodium in foods (Transparencies #9-#11)

A. Salt or sodium chloride (NaCl)

B. Seasonings

EXAMPLES: MSG, garlic salt, celery salt, onion salt, Worchestershire sauce, soy sauce

C. Obviously salted foods

EXAMPLES: Potato chips, foods cured in brine (pickles, sauerkraut), ham, bacon, weiners, bologna or other cold cuts

D. Baking powder

E. Baking soda

F. Protein foods

XIII. Other sources of sodium intake

A. Water softeners

B. Medications

EXAMPLES: Headache remedies, laxatives, antacids

(NOTE: Because of consumer demand, some brands of the above medications are now being manufactured to be low in sodium.)

C. Water supply

XIV. Therapeutic reasons for modifying sodium intake

A. Edema

(NOTE: Edema may be related to various disease conditions.)

B. Hypertension

XV. Levels of sodium modification according to the *Oklahoma Diet Manual*

A. Very strict low-sodium (250 mg)

B. Strict low-sodium (500 mg)

C. Low-sodium (1,000 mg)

INFORMATION SHEET

D. Moderate low-sodium (2,000 mg)

E. Mild low-sodium (2,400 mg to 4,500 mg)

XVI. Levels of sodium modification in the *Liberalized Geriatric Diet Policies for Long-Term Care Facilities*

A. Regular (no added salt)

B. Mild low-sodium (3 to 5 grams)

XVII. Diet modifications for renal disease according to the *Oklahoma Diet Manual*

A. 60-gram-protein, 2-gram-sodium, 40- or 60-mEq-potassium

B. 40-gram-protein, 2-gram-sodium, 40- or 60-mEq-potassium

(NOTE: Fluid restriction may or may not be present in the diet order.)

XVIII. Diet modifications for atherosclerosis according to the *Oklahoma Diet Manual*

A. Hyperlipidemia or hyperlipoproteinemia diets

B. Prudent diet

XIX. Possible diet combinations (Assignment Sheets #1-#5)

A. 1,500-calorie diabetic diet/2-gram-sodium diet

B. Liberalized diabetic diet/mild low-sodium (3 to 5 grams) diet

C. 1,500-calorie diabetic diet/Type IV hyperlipoproteinemia diet

D. 1,800-calorie diabetic diet/2-gram-sodium diet/Type IIa hyperlipoproteinemia diet

E. 60-gram-protein diet/2-gram-sodium diet/60-mEq-potassium diet

XX. Impossible diet combinations (Assignment Sheet #6)

A. Low-calorie diet/low-protein diet

B. High-protein diet/low-sodium diet

C. Surgical soft diet/high-fiber diet

D. Clear-liquid diet/high-protein diet

E. High-calorie diet/low-fat low-carbohydrate diet

CLASS ASSIGNMENT SHEET #1

Type of Food and Amount	Use	Avoid
Potato or potato substitute		
Vegetables		
Fruits		
Desserts		
Bread		
Cereal		
Fats		
Sweets		
Miscellaneous		

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

CLASS ASSIGNMENT SHEET #1 — PLAN A MEAL PATTERN AND A MENU FOR A 1,500-CALORIE DIABETIC/2-GRAM-SODIUM DIET

NAME _____ SCORE _____

An aid for combining two or more diets is a work sheet based on foods allowed and foods to avoid for each modification.

PART I

Complete a work sheet of foods to use and foods to avoid, combining the principles of the 1,500-calorie diabetic/2-gram-sodium diet.

Remove copies of the 1,500-calorie diabetic diet meal pattern and the 2-gram-sodium diet meal pattern from the *Diet Manual*. Complete the following work sheet with lists of foods that can be used and those that must be avoided in both diets.

Work Sheet for Diet Combinations

Type of Diet: _____

Type of Food and Amount	Use	Avoid
Milk		
Egg		
Meat, fish, poultry		
Cheese		

CLASS ASSIGNMENT SHEET #1

Meal	Exchanges	Foods
Evening meal		
Bedtime snack		

CLASS ASSIGNMENT SHEET #1

PART II

On the form below, develop a meal pattern in the column under "exchanges," and then write a sample menu in the column under "foods." Use the work sheet from Part I and the meal patterns for the 1,500-calorie diabetic and 2-gram-sodium diets from the *Oklahoma Diet Manual.*

Sample Menu Work Sheet

Type of Diet: _____

Meal	Exchanges	Foods
Breakfast		
Noon meal		

CLASS ASSIGNMENT SHEET #2

Type of Food and Amount	Use	Avoid
Potato or potato substitute		
Vegetables		
Fruits		
Desserts		
Bread		
Cereal		
Fats		
Sweets		
Miscellaneous		

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

CLASS ASSIGNMENT SHEET #2 — PLAN A MEAL PATTERN AND A MENU FOR A LIBERALIZED DIABETIC/MILD LOW-SODIUM (3 TO 5 GRAMS) DIET

NAME _____ SCORE _____

An aid for combining two or more diets is a work sheet based on foods allowed and foods to avoid for each modification.

PART I

Complete a work sheet of foods to use and foods to avoid combining the principles of the liberalized diabetic diet and the low-sodium (3 to 5 grams) diet from the *Liberalized Geriatric Diet Policies for Long-Term Care Facilities.*

Remove copies of the liberalized diabetic diet meal pattern and the mild low-sodium diet meal pattern from the *Diet Manual.* Complete the following work sheet with lists of foods that can be used and those that must be avoided in both diets.

Work Sheet for Diet Combinations

Type of Diet: _____

Type of Food and Amount	Use	Avoid
Milk		
Egg		
Meat, fish, poultry		
Cheese		

CLASS ASSIGNMENT

Meal	Exchanges
Evening meal	
Bedtime snack	

CLASS ASSIGNMENT SHEET #2

PART II

On the form below, develop a meal pattern for a liberalized diabetic/mild low-sodium diet, and then write a sample menu using foods allowed on both diets that are being combined. Write the meal pattern under the column labeled "exchanges" and the menu under the column labeled "foods." Use the meal patterns from the *Diet Manual* and your work sheet from Part I.

Sample Menu Work Sheet

Type of Diet: _____

Meal	Exchanges	Foods
Breakfast		
Noon meal		

CLASS ASSIGNMENT SHEET #3

Type of Food and Amount	Use	Avoid
Potato or potato substitute		
Vegetables		
Fruits		
Desserts		
Bread		
Cereal		
Fats		
Sweets		
Miscellaneous		

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

CLASS ASSIGNMENT SHEET #3 — PLAN A MEAL PATTERN AND A MENU FOR A 1,500-CALORIE DIABETIC/TYPE IV HYPERLIPOPROTEINEMIA DIET

NAME _____ SCORE _____

An aid for combining two or more diets is a work sheet based on foods allowed and foods to avoid for each modification.

PART I

Complete a work sheet of foods to use and foods to avoid combining the principles of the 1,500-calorie diabetic diet and the Type IV hyperlipoproteinemia diet.

Remove copies of the 1,500-calorie diabetic diet meal pattern and the Type IV hyperlipoproteinemia diet meal pattern from the *Diet Manual*. Complete the following work sheet with lists of foods that can be used and those that must be avoided in both diets.

Work Sheet for Diet Combinations

Type of Diet: _____

Type of Food and Amount	Use	Avoid
Milk		
Egg		
Meat, fish, poultry		
Cheese		

CLASS ASSIGNMENT SHEET #3

Meal	Exchanges	Foods
Evening meal		
Bedtime snack		

CLASS ASSIGNMENT SHEET #3

PART II

On the form below, develop a meal pattern in the column under "exchanges," and write a sample menu in the column under "foods." Use the work sheet from Part I and the meal patterns for the 1,500-calorie diabetic and Type IV hyperlipoproteinemia diets from the *Oklahoma Diet Manual*.

Sample Menu Work Sheet

Type of Diet: _____

Meal	Exchanges	Foods
Breakfast		
Noon meal		

CLASS ASSIGNMENT SHEET #4

Type of Food and Amount	Use	Avoid
Potato or potato substitute		
Vegetables		
Fruits		
Desserts		
Bread		
Cereal		
Fats		
Sweets		
Miscellaneous		

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

CLASS ASSIGNMENT SHEET #4 — PLAN A MEAL PATTERN AND A MENU FOR A 1,800-CALORIE DIABETIC/2-GRAM-SODIUM/TYPE IIa HYPERLIPOPROTEINEMIA DIET

NAME _____ SCORE _____

An aid for combining two or more diets is a work sheet based on foods allowed and foods to avoid for each modification.

PART I

Complete a work sheet of foods to use and foods to avoid, combining the principles of the 1,800-calorie diabetic diet, the 2-gram-sodium diet, and the Type IIa hyperlipoproteinemia diet.

Remove copies of the 1,800-calorie diabetic diet meal pattern, the 2-gram-sodium diet meal pattern, and the Type IIa hyperlipoproteinemia diet meal pattern from the *Diet Manual*. Complete the following work sheet with lists of foods that can be used and those that must be avoided in all three diets.

Work Sheet for Diet Combinations

Type of Diet: _____

Type of Food and Amount	Use	Avoid
Milk		
Egg		
Meat, fish, poultry		
Cheese		

CLASS ASSIGNMENT SHEET #4

PART II

On the form below, develop a meal pattern in the column under "exchanges," and write a sample menu in the column under "foods." Use the work sheet from Part I and the meal patterns for the 1,800-calorie diabetic, the Type IIa hyperlipoproteinemia, and 2-gram-sodium diets from the *Oklahoma Diet Manual.*

Sample Menu Work Sheet

Type of Diet: _____

Meal	Exchanges	Foods
Breakfast		
Noon meal		

CLASS ASSIGNMENT SHEET #4

Meal	Exchanges	Foods
Evening meal		
Bedtime snack		

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

CLASS ASSIGNMENT SHEET #5 — PLAN A MENU FOR A
60-GRAM-PROTEIN/2-GRAM-SODIUM/60-mEq-POTASSIUM DIET

NAME _____ SCORE _____

Renal disease indicates that the kidneys are no longer able to function adequately. The diet may be controlled through modification of protein, sodium, potassium, and fluid intake. Food intake should be planned individually for each patient.

PART I

Using the *Oklahoma Diet Manual* and its suggested daily food allowances for a 60-gram-protein/2-gram-sodium/60-mEq-potassium diet, plan a day's menu on the following form.

(NOTE: Be sure to indicate if salt is to be added or omitted in food preparation.)

EXAMPLE: ½ cup pineapple/orange juice, fruit A

Menu Pattern	Foods Allowed	Menu
Breakfast Fruit or juice Cereal Egg Toast, butter, jelly Milk Beverage		
Lunch Meat Starch Veg. A, B, or C Salad Dessert Bread, butter, jelly Beverage		
Supper Meat Starch Veg. A, B, or C Salad Fruit Bread, butter, jelly Beverage		

CLASS ASSIGNMENT SHEET #5

PART II

A. Why is it so important to emphasize liberal intakes of allowed fat and carbohydrate in a low-protein diet?

_____

_____

_____

B. List some of the foods that were high in potassium.

_____

_____

_____

C. What is the minimum calorie level in a low-protein diet?

_____

_____

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

CLASS ASSIGNMENT SHEET #6 — LIST DIET COMBINATIONS ORDERED IN YOUR FACILITY

NAME _____ SCORE _____

Think about the diet orders currently prescribed for residents in your facility.

A. Compile a list of all combination diets ordered in your facility.

Combination-Diet Orders

_____

_____

_____

_____

_____

_____

_____

_____

B. Are all of the diet orders compatible? If not, what should you do?

_____

_____

_____

_____

_____

_____

_____

_____

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

ANSWERS TO CLASS ASSIGNMENT SHEETS

Class Assignment Sheet #1

Part I

Type of Diet: 1,500-calorie diabetic/2-gram sodium

Type of Food and Amount	Use	Avoid
Milk 2 cups daily	Whole, skim, 2% Homemade uncultured buttermilk	Cultured buttermilk
Egg 1 daily	Any style Fried only if fat is counted in exchanges	Any prepared with ingredients not allowed
Meat, fish, poultry Amount of allowed exchanges	Fresh, frozen, or dietetic canned without salt Beef, pork, veal, chicken, turkey, duck, rabbit, liver Fresh fish	Brains; kidney; canned, salted, or smoked meats; bacon; sausage; bologna; frankfurters; ham; kosher meats; salt pork Frozen fish fillets, shellfish Chipped or canned beef
Cheese 1 ounce low-sodium may be substituted for 1 ounce meat	¼ cup unsalted cottage cheese or low-sodium dietetic cheese	All other
Potato or potato substitute Amount of allowed exchanges	White or sweet potato, macaroni, noodles, rice, spaghetti, dried beans, fresh lima beans, corn Instant potato may be used once daily if desired	All processed with salt, canned, dried, frozen, potato chips Instant except in allowed amount
Vegetables	Fresh or frozen except those under "avoid" May use one high-sodium vegetable a day	Canned vegetables or juice with salt added Beet greens, kale, mustard greens, sauerkraut, celery, frozen lima beans or peas
Fruits Allowed exchanges	Any fresh, frozen, or canned without sugar	Crystallized or glazed fruit Maraschino cherries, dried fruit with sodium sulfite added
Desserts Allowed exchanges	Dietetic gelatin, vanilla wafers, graham crackers, angel food cake	All made with sugar unless calculated in the exchange allowed

ANSWERS TO CLASS ASSIGNMENT SHEETS

Type of Food and Amount	Use	Avoid
Bread Allowed exchanges	4 slices regular bread daily or use low-sodium bread, crackers, rolls 1 serving a day of quick breads made with baking powder or baking soda, such as biscuits or corn bread	Regular bread except in amount allowed Pretzels, snack items with salt
Cereal Allowed exchanges	Puffed wheat, puffed rice, shredded wheat, regular oatmeal, Cream of Wheat, Malt-O-Meal, rice and grits	(NOTE: Read label.) All cereals that have more than 6 mg Na per serving Quick-cooking cereals and instant hot cereals
Fats Allowed exchanges	6 teaspoons regular margarine, unsalted butter or margarine, low-sodium salad dressings	Commercial salad dressings or mayonnaise, olives, salted nuts, party spreads and dips
Sweets	Dietetic sweetener only	Any made with salt or other sodium compounds
Miscellaneous	Coffee, tea, coffee substitutes, low-sodium bouillon, home-made low-sodium soups	Instant cocoa mixes, Gatorade, bouillon, monosodium glutamate, soy sauce, meat tenderizers, softened water

(NOTE: These are suggested foods to allow and avoid. It may not be a complete list of all foods in either category.)

Part II — Evaluated to the satisfaction of the workshop instructor

ANSWERS TO CLASS ASSIGNMENT SHEETS

Class Assignment Sheet #2

Part I

Type of Diet: Liberalized diebetic/mild low-sodium (3-5 grams)

Type of Food and Amount	Use	Avoid
Milk 2 cups daily	Whole, skim, 2%, buttermilk	None
Egg 1 daily	Any style, no salt added in preparation	Any prepared with salt
Meat, fish, poultry 5 ounces	Any kind fresh, frozen, or canned without salt May have four 2-ounce servings a week of canned, salted, or smoked meat such as ham, sausage, luncheon meat, rinsed canned tuna, breaded prepared meat May have 1 slice bacon daily	All high-sodium meats except in allowed amounts
Cheese	Limit to four 1-ounce servings per week	Any above allowed amount
Potato or potato substitute 3-6 servings daily of bread, cereals, pasta, or rice	White or sweet potato, macaroni, noodles, rice, spaghetti, dried beans, fresh lima beans, corn, instant potato	Potato chips
Vegetables	Fresh, frozen, or canned—add no salt to canned vegetables	None, except sauerkraut
Fruits	Any kind fresh, frozen, or canned without sugar	Limit any with sugar added
Desserts	Dietetic gelatin, low-sugar custard, dietetic pudding	Cake, pie, fruits canned with sugar

ANSWERS TO CLASS ASSIGNMENT SHEETS

Type of Food and Amount	Use	Avoid
Bread 3-6 servings daily of bread, cereals, pasta or rice	Four servings a day (may use biscuit, corn bread, pancake, or graham crackers in place of one serving a day)	Pretzels, corn chips, snack crackers
Cereal 3-6 servings daily of bread, cereals, pasta or rice	Any kind—no salt added in preparation	None
Fats	6 teaspoons daily of regular margarine or butter Low-sodium salad dressings	Commercial salad dressings, party dips and spreads, salted nuts
Sweets	Dietetic sweetener only Dietetic jelly	Sugar, honey, syrup, jelly
Miscellaneous	Coffee, tea, coffee substitutes, low-sodium bouillon, homemade low-sodium soups (may have three 1-cup servings of regular canned soup per week)	Pickles, relishes, bouillon cubes, seasoning salts, soy sauce, Worchestershire sauce

(NOTE: These are suggested foods to allow and avoid. It may not be a complete list of all foods in either category.)

Part II — Evaluated to the satisfaction of the workshop instructor

ANSWERS TO CLASS ASSIGNMENT SHEETS

Class Assignment Sheet #3

Part I

Type of Diet: 1,500-Calorie/Type IV Hyperlipoproteinemia

Type of Food and Amount	Use	Avoid
Milk 2 cups daily	Skimmed milk or buttermilk, plain yogurt containing 1% or less fat	Whole milk, buttermilk with fat added, milk drinks made with whole milk, chocolate, cream, ice cream, sweetened yogurt products, ice milk
Egg Limit to 3 per week	Any style with allowed fat, egg white, egg substitutes	Eggs prepared with cream sauces, sugar, or animal fat
Meat Fish, poultry	Baked, broiled, roasted, or stewed with fat and skin removed; include fish, chicken, turkey, veal, lean cuts of beef, pork, lamb 2 tablespoons of pure peanut butter = 1 ounce meat	Brisket, sausage, duck, goose, frankfurters, luncheon meats (canned or packaged), oil-packed fish, shrimp, organ meats; any prepared with cream sauce, gravies, or sugar
Cheese 1 ounce = 1 ounce meat	Substitute for 1 ounce meat; ¼ cup low-fat cottage cheese or skim milk cheeses in which polyunsaturated oils are used	All other
Potato or potato substitute	White or sweet potato, macaroni, rice, noodles, spaghetti, dried beans	Avoid any prepared with cream sauces
Vegetables	Any canned, fresh, or frozen	Avoid any prepared with cream sauces
Fruits	All juices Fresh, frozen, canned, or dried fruit except those listed under "avoid"	Sweetened fruit or fruit juices
Desserts 1 per week	Dietetic pudding prepared with skim milk, angel food cake, sherbet, artificially sweetened items	All commercial bakery goods or mixes Those that contain eggs, chocolate, whole milk, cream, or ice cream

ANSWERS TO CLASS ASSIGNMENT SHEETS

Type of Food and Amount	Use	Avoid
Bread and cereals	Whole grain, rye, or white bread, dinner rolls, saltine crackers, macaroni, rice, noodles, spaghetti, unsweetened ready-to-eat cereals, or cooked cereals	Any prepared with saturated fat Presweetened or sugar-coated products Any with cream sauce, butter, or sugar
Fats	Liquid vegetable oil (corn, cottonseed, safflower, soybean, or sunflower) Soft margarine or salad dressing prepared with allowed oils	Butter, saturated/animal fat, hydrogenated fats, lard, bacon, salt pork, olives, cream
Sweets	Artificial sweeteners used in jelly, jam, or syrup	Any prepared with sugar, chocolate, coconut Foods not allowed
Miscellaneous	Tea, coffee, decaffeinated coffee, artificially sweetened carbonated beverages in moderation	Alcohol in moderation only if allowed by the physician All others

(NOTE: These are suggested foods to allow and avoid. It may not be a complete list of all foods in either category.)

Part II — Evaluated to the satisfaction of the workshop instructor

ANSWERS TO CLASS ASSIGNMENT SHEETS

Class Assignment Sheet #4

Part I

Type of Diet: 1,800-calorie/2-gram sodium/Type IIa hyperlipoproteinemia

Type of Food and Amount	Use	Avoid
Milk 2 cups daily	Skimmed milk or buttermilk Plain yogurt containing 1% or less fat	Whole milk, buttermilk with fat added Milk drinks made with whole milk, chocolate, cream, ice cream, sweetened yogurt products Ice milk
Egg Limit to 3 per week	Any style with allowed fat Egg white Egg substitutes	Eggs prepared with cream sauces, sugar, or animal fat
Meat Fish, poultry, meat	Fresh meats prepared baked, broiled, roasted, or stewed with fat and skin removed Fish, chicken, turkey, veal, lean cuts of beef, pork, or lamb	Brisket, sausage, duck, goose, frankfurters, luncheon meats (canned or packaged), oil-packed fish, shrimp, organ meats, kosher meats, frozen fish fillets, ham, chipped beef
Cheese 1 ounce low-sodium may be substituted for 1 ounce meat	¼ cup unsalted cottage cheese or low-sodium dietetic cheese	All other
Potato or potato substitute	White or sweet potato, macaroni, noodles, rice, spaghetti, dried beans, fresh lima beans, corn Instant potato may be used once daily if desired	All processed with salt: canned, dried, frozen Potato chips Instant, except in allowed amount
Vegetables	Fresh or frozen, except those under "avoid" May use one high-sodium vegetable a day	Canned vegetables or juice with salt added Beet greens, kale, mustard greens, sauerkraut, celery, frozen peas, and lima beans
Fruits	Any kind (fresh, frozen, or canned) without sugar	Crystallized or glazed fruit, maraschino cherries, dried fruit with sodium sulfite added Any prepared with sugar or fat
Desserts	Dietetic gelatin, vanilla wafers, graham crackers, angel food cake	All made with sugar or fat

ANSWERS TO CLASS ASSIGNMENT SHEETS

Type of Food and Amount	Use	Avoid
Bread	4 slices regular bread daily, or use low-sodium bread Crackers, rolls 1 serving a day of quick breads, such as biscuits or corn bread, made with baking powder or baking soda	Regular bread except in allowed amount Pretzels, snack items with salt
Cereal	Puffed wheat, puffed rice, shredded wheat, regular oatmeal, Cream of Wheat, Malt-O-Meal, rice, grits cooked without salt	(NOTE: Read label.) All cereals that have more than 6 mg sodium per serving Quick-cooking cereals and instant hot cereals
Fats	6 teaspoons regular margarine, unsalted butter or margarine, low-sodium salad dressings	Commercial salad dressings or mayonnaise Olives, salted nuts, party spreads, and dips
Sweets	Dietetic sweeteners only Dietetic jelly or jam	Any made with salt or other sodium compounds
Miscellaneous	Coffee, tea, coffee substitutes, low-sodium bouillon, homemade low-sodium soups, artificially sweetened carbonated beverages	Instant cocoa mixes, bouillon, monosodium glutamate, all seasonings with sodium, soy sauce, meat tenderizers, softened water Alcohol in moderation only if allowed by physician

(NOTE: These are suggested foods to allow and avoid. It may not be a complete list of all foods in either category.)

Part II — Evaluated to the satisfaction of the workshop instructor

ANSWERS TO CLASS ASSIGNMENT SHEETS

Class Assignment Sheet #5

Part I

(NOTE: This is a suggested answer only. The instructor may have a variety of foods chosen by participants.)

Foods allowed for one day		
Milk and milk products		1 cup
Meat and meat substitutes		5 ounces
Bread and substitutes		6 servings
Vegetables:	A—	No restriction
	B—	1 serving
	C—	1 serving
Fruits:	A—	No restriction
	B—	No restriction
	C—	2 servings
Fat		As desired
Sweets		As desired
Beverages		Within fluids allowed
Miscellaneous		1 serving

Menu

Breakfast

1/2 cup orange juice — Fruit C
1 cup shredded wheat
1 fried egg
1 slice whole-wheat toast
1 teaspoon butter
1 teaspoon jelly
1 cup milk
1 cup coffee

Lunch

2 ounces baked chicken
1/2 cup fried potato — Veg C
1/2 cup canned green beans — Veg A
1/2 cup cole slaw with low-sodium mayonnaise — Veg A
1 hot roll
1 teaspoon butter
1 teaspoon jelly
1 small apple
Hard candy
Cranberry juice

2 P.M. — 1 cup lemonade

Supper

2 ounces roast pork
1/2 cup rice/1 teaspoon butter
1/2 cup summer squash — Veg A
1/2 cup cinnamon applesauce — Fruit A
1 slice bread
1 teaspoon butter
1 teaspoon jelly
Pear halves — Fruit A
Hard candy
Lemonade

Part II

A. To save the protein allowed for tissue regeneration and so protein will not be used for energy

B. Orange; raw peach; strawberries; cantaloupe; orange, grapefruit, or tomato juice; cauliflower; potato; kale; dandelion greens; whole-kernel corn; mixed vegetables

C. 2,000 calories

Class Assignment Sheet #6 — Completed to the satisfaction of the workshop instructor

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

TEST

NAME _____ SCORE _____

1. Match to their correct definitions terms used in diet combinations. Write the correct numbers in the blanks.

_____a. Retention of fluid in the body

_____b. Specific diet plan modified to improve the patient's health in a disease condition

_____c. Thickening of inside wall of arteries by deposits of fat and cholesterol

_____d. Diet in which sodium has been modified below normal intake

_____e. Mineral element necessary in the body for many metabolic activities

_____f. Compounds of various lipids (fats) with protein

_____g. General classification for a group of organic substances that belong to the fat family

_____h. Unit of measure in the metric system; 1 ounce is approximately 30 grams

_____i. Unit of measure in the metric system; 1,000 milligrams equal 1 gram

_____j. A higher than normal amount of certain fat molecules in the blood

_____k. Hormone, made in the pancreas, that helps body cells use blood sugar for energy or store it for later use

_____l. Metabolic disease that affects body's use of carbohydrates, fats, and protein because of disturbance in production or utilization of insulin

_____m. Chemical symbol for sodium

1. Atherosclerosis
2. Gram
3. Sodium
4. Hyperlipoproteinemia
5. Diabetes mellitus
6. Therapeutic diet
7. Low-sodium diet
8. Edema
9. Lipid
10. Milligram
11. Lipoproteins
12. Na
13. Insulin

TEST

2. State reasons for reviewing disease conditions in which diets could be combined.

   a. _____

   b. _____

3. State basic rules for combining therapeutic diets.

   a. _____

   b. _____

4. Arrange in order the steps for combining diets. Write a "1" before the first step, a "2" before the second step, and so on.

   _____a. Prepare a work sheet of foods allowed and foods which must be avoided to include foods from each diet to be combined

   _____b. Review the diets that are to be combined

   _____c. Write a sample menu from the work sheet that has been prepared

   _____d. Remove the diets from the *Diet Manual* to prepare a work sheet

5. Discuss diabetes mellitus.

   _____

   _____

   _____

6. Select from the following list high risk groups for diabetes mellitus. Write an "X" in the blank before each correct answer.

   _____a. Persons over twenty

   _____b. Persons with a history of diabetes in the family

   _____c. Persons who are overweight

   _____d. Women

   _____e. Persons who are underweight

   _____f. Persons over forty-five

TEST

7. State the general treatment for diabetes mellitus.

   a. _____

   b. _____

   c. _____

8. List types of diabetic diets.

   a. _____

   b. _____

9. Select from the following list goals for diet therapy for persons with diabetes mellitus. Write an "X" in the blank before each correct answer.

   _____a. Maintain normal body weight or lose weight if over desired body weight

   _____b. Allow blood sugar to rise to a high level

   _____c. Maintain an optimal nutritional status

   _____d. Avoid complications of diabetes

   _____e. Keep blood sugar as close to normal as possible

   _____f. Gain weight to compensate for high blood-sugar levels

10. List food groups in the food exchange system.

    a. _____

    b. _____

    c. _____

    d. _____

    e. _____

    f. _____

11. State examples of possible diabetic diet combinations.

    a. _____

    b. _____

    c. _____

TEST

12. Select from the following list sources of sodium in foods. Write an "X" in the blank before each correct answer.

_____a. Protein foods

_____b. Salt or sodium chloride (NaCl)

_____c. Fresh fruits and vegetables

_____d. Obviously salted foods

_____e. Baking powder

_____f. Yeast breads

_____g. Seasonings

_____h. Baking soda

13. List other sources of sodium intake.

a. _____

b. _____

c. _____

14. State therapeutic reasons for modifying sodium intake.

a. _____

b. _____

15. Select from the following list levels of sodium modification according to the *Oklahoma Diet Manual.* Write an "X" in the blank before each correct answer.

_____a. Mild low-sodium (2,400 mg to 4,500 mg)

_____b. Low-sodium (1,500 mg)

_____c. Strict low-sodium (2,500 mg)

_____d. Very strict low-sodium (250 mg)

_____e. Strict low-sodium (500 mg)

_____f. Moderate low-sodium (2,000 mg)

_____g. Low-sodium (1,000 mg)

TEST

16. State levels of sodium modification according to the *Liberalized Geriatric Diet Policies for Long-Term Care Facilities.*

    a. _____

    b. _____

17. State diet modifications for renal disease according to the *Oklahoma Diet Manual.*

    a. _____

    b. _____

18. State diet modifications for atherosclerosis according to the *Oklahoma Diet Manual.*

    a. _____

    b. _____

19. Select from the following list possible diet combinations. Write an "X" in the blank before each correct answer.

    _____a. 60-gram-protein diet/2-gram-sodium diet/60-mEq-potassium diet

    _____b. 40-gram-protein diet/1,000-calorie diet

    _____c. 1,500-calorie diabetic diet/2-gram-sodium diet

    _____d. 1,800-calorie diabetic diet/2-gram-sodium diet/Type IIa hyperlipoproteinemia diet

    _____e. 1,500-calorie diabetic diet/Type IV hyperlipoproteinemia diet

    _____f. Liberalized diabetic diet/mild low-sodium (3 to 5 grams) diet

    _____g. High-protein diet/clear-liquid diet

20. Select from the following list impossible diet combinations. Write an "X" in the blank before each correct answer.

    _____a. Surgical soft diet/high-fiber diet

    _____b. 1,200-calorie diet/2-gram-sodium diet

    _____c. Low-calorie diet/low-protein diet

    _____d. High-protein diet/low-sodium diet

    _____e. High-calorie diet/low-fat low-carbohydrate diet

TEST

_____f. Clear-liquid diet/high-protein diet

_____g. Type IV hyperlipoproteinemia diet/low-sodium (2 grams) diet

(NOTE: Test questions 21-26 list the class assignment sheets. They are an important part of this test. If they have not been completed, check with your instructor.)

21. Plan a meal pattern and a menu for a 1,500-calorie diabetic/2-gram-sodium diet.

22. Plan a meal pattern and a menu for a liberalized diabetic/mild low-sodium (3 to 5 grams) diet.

23. Plan a meal pattern and a menu for a 1,500-calorie diabetic/Type IV hyperlipoproteinemia diet.

24. Plan a meal pattern and a menu for a 1,800-calorie diabetic/2-gram-sodium/Type IIa hyperlipoproteinemia diet.

25. Plan a menu for a 60-gram protein/2-gram-sodium/60-mEq-potassium diet.

26. List diet combinations ordered in your facility.

PRINCIPLES OF COMBINING TWO OR MORE THERAPEUTIC DIETS
UNIT I

ANSWERS TO TEST

1. a. 8
   b. 6
   c. 1
   d. 7
   e. 3
   f. 11
   g. 9
   h. 2
   i. 10
   j. 4
   k. 13
   l. 5
   m. 12

2. a. To understand why certain diets are prescribed
   b. To review the basic principles of the disease condition

3. a. Must have principles that are compatible
   b. Must not injure the patient's health

4. a. 3
   b. 1
   c. 4
   d. 2

5. Discussion should include the following

   a. Major types of diabetes mellitus are insulin-dependent (Type I) and non-insulin-dependent (Type IIa)
   b. Fewer than 15 percent of diabetics have insulin-dependent diabetes

6. b, c, d, f

7. a. Diet
   b. Insulin or oral hypoglycemia agents
   c. Exercise

8. a. Calculated diet
   b. Liberal diabetic diet

9. a, c, d, e

10. a. Milk
    b. Vegetable
    c. Fruit
    d. Bread
    e. Meat
    f. Fat

11. a. Calorie-controlled diet/low-sodium diet
    b. Liberal diabetic diet/low-sodium diet
    c. Calorie-controlled diabetic diet/low-cholesterol low-sodium diet

ANSWERS TO TEST

12. a, b, d, e, g, h

13. a. Water softeners
    b. Medications
    c. Water supply

14. a. Edema
    b. Hypertension

15. a, d, e, f, g

16. a. Regular (no added salt)
    b. Mild low-sodium (3 to 5 grams)

17. a. 60-gram-protein, 2-gram-sodium, 40- or 60-mEq-potassium
    b. 40-gram-protein, 2-gram-sodium, 40- or 60-mEq-potassium

18. a. Hyperlipidemia or hyperlipoproteinemia diets
    b. Prudent diet

19. a, c, d, e, f

20. a, c, d, e, f

21. Evaluated to the satisfaction of the workshop instructor

22. Evaluated to the satisfaction of the workshop instructor

23. Evaluated to the satisfaction of the workshop instructor

24. Evaluated to the satisfaction of the workshop instructor

25. Evaluated to the satisfaction of the workshop instructor

26. Evaluated to the satisfaction of the workshop instructor